

Online Supporting Material

Supplemental Table 1. Nutrient Facts for 240 ml of 100% Apple, Orange, & Grape Juice

Nutrient	100% Apple juice		100% Orange juice		100% Grape juice	
	Amount	% Daily Value	Amount	% Daily Value	Amount	% Daily Value
Total energy, kcal	117.0	-	105.0	-	154.0	-
Total carbohydrate, g	29.0	9.6	24.5	8.0	37.9	12.6
Total sugar, g	24.3	-	20.3	-	38.2	-
Fructose, g	13.9	-	5.0	-	21.0	-
Sucrose, g	4.2	-	10.2	-	0	-
Glucose, g	6.2	-	5.05	-	17.2	-
Total fiber, g	0.3	1.0	0.8	3.0	0.03	0.1
Vitamin A, RAE	0	0	22	8.8	1	0.4
Vitamin B-6, mg	0.05	2.5	0.1	5.0	0.09	4.5
Vitamin C, mg	2.2	3.8	85.7	142.0	0.25	0.4
Vitamin D, µg	0	0	0	0	0	0
Vitamin E, mg	0.02	0.1	0.5	2.0	0	0
Calcium, mg	17.0	1.7	20.0	2.0	23.0	2.3
Magnesium, mg	7.0	1.8	27.0	6.8	25	6.3
Sodium, mg	7.0	0.3	5.0	0.2	8.0	0.3
Potassium, mg	295.0	8.4	436.0	12.5	334.0	9.5

Abbreviations: kcal (kilocalories), RAE (retinol activity equivalents)

Sources: United States Department of Agriculture Food Composition Database (15), O’Neil and Nicklas (32), and Walker et al. (14)

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Supplemental Appendix 1

Studies were included if they met the following criteria: (i) exposure included 100% fruit juice; (ii) outcome included one of the following chronic diseases: caries, tooth decay, diabetes, glucose homeostasis (including oral glucose tolerance testing, glycated hemoglobin, or insulin sensitivity testing), dyslipidemia, hypertension, weight, body mass index (BMI), or cardiovascular disease; (iii) design was a systematic review or meta analysis; (iv) article was in English in a peer-reviewed journal; (v) population was human subjects.

Studies were excluded if they met either of the following criteria: (i) juice exposure was not limited to 100% fruit juice; (ii) study population was hospitalized patients or malnourished subjects.

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Supplemental Figures 1-7. Forest plots showing the effect of consuming ≥ 1 serving/day of 100% fruit juice compared to ≥ 1 serving/day of control beverages on 7 intermediate cardiometabolic outcomes. One serving is defined as 240 ml. These figures are all original.

Key: Data are from forest plots by Wang et al. (22) and Liu et al. (23) after excluding 1 trial that compared 100% fruit juice high in polyphenols to 100% fruit juice low in polyphenols (45). It was necessary to generate new forest plots to examine 2 subgroups of control beverages: isocaloric non-juice control beverages, and water.

The weighted mean difference (WMD) between consumption of ≥ 1 serving/day of 100% fruit juice and ≥ 1 serving/day of control beverages is shown for 7 intermediate cardiometabolic endpoints (Supplemental Figures 1-7).

Horizontal lines denote 95% confidence intervals. Solid diamonds represent the point estimate of each study. Gray boxes behind the solid diamonds represent the fixed-effects study weight. Open diamonds represent pooled estimates. The I^2 and P values for heterogeneity are shown.

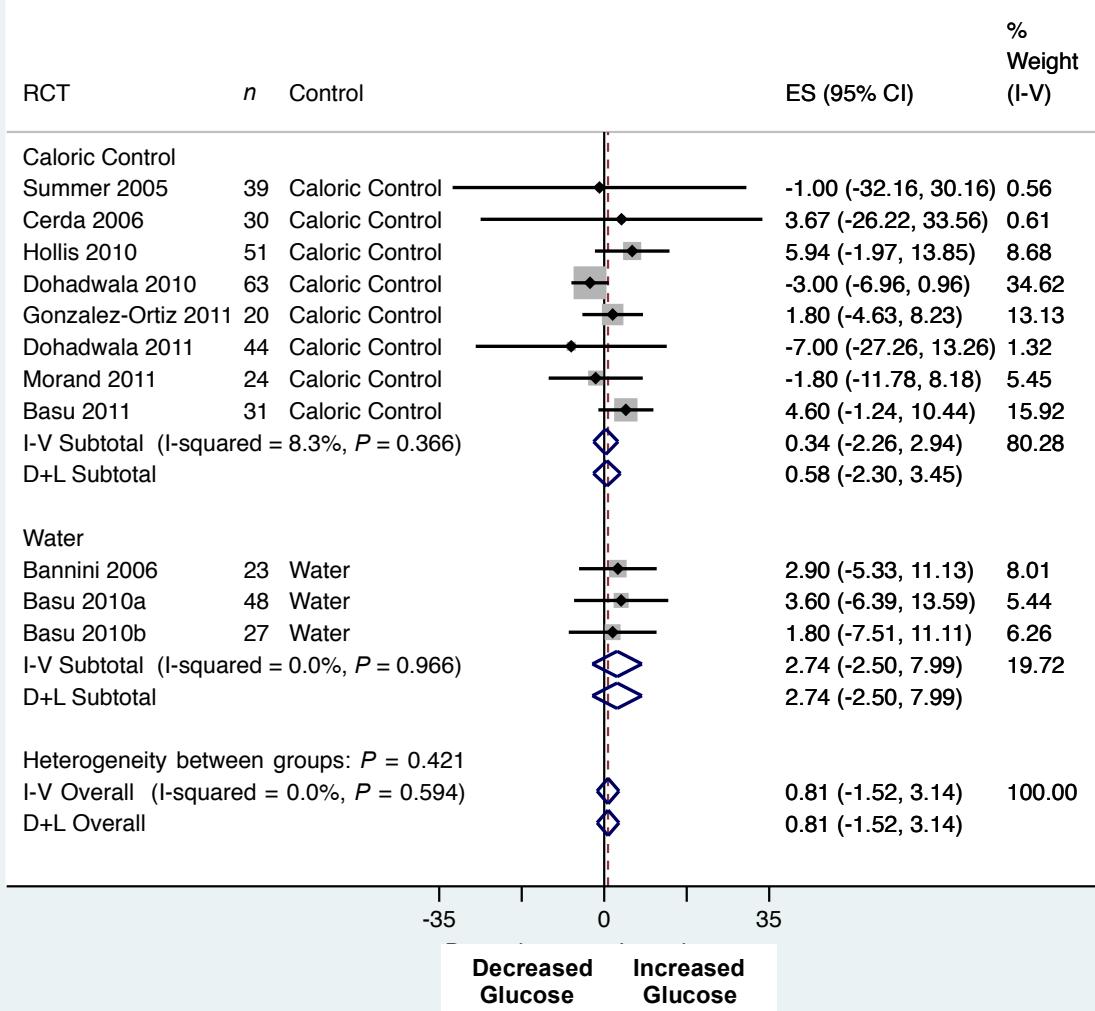
Because heterogeneity was low ($I^2 < 50\%$) for all 7 outcomes, fixed effects meta-analysis (or inverse-variance meta-analysis, I-V) is the preferred pooling method. Random effects meta-analysis (or DerSimonian & Laird, D+L) is also shown.

Abbreviations: BP (blood pressure), Chol. (Cholesterol), CI (confidence intervals), D+L (DerSimonian & Laird), HDL (high density lipoprotein), I-V (inverse-variance), LDL (low density lipoprotein), tot. chol. (total cholesterol)

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Supplemental Figure 1

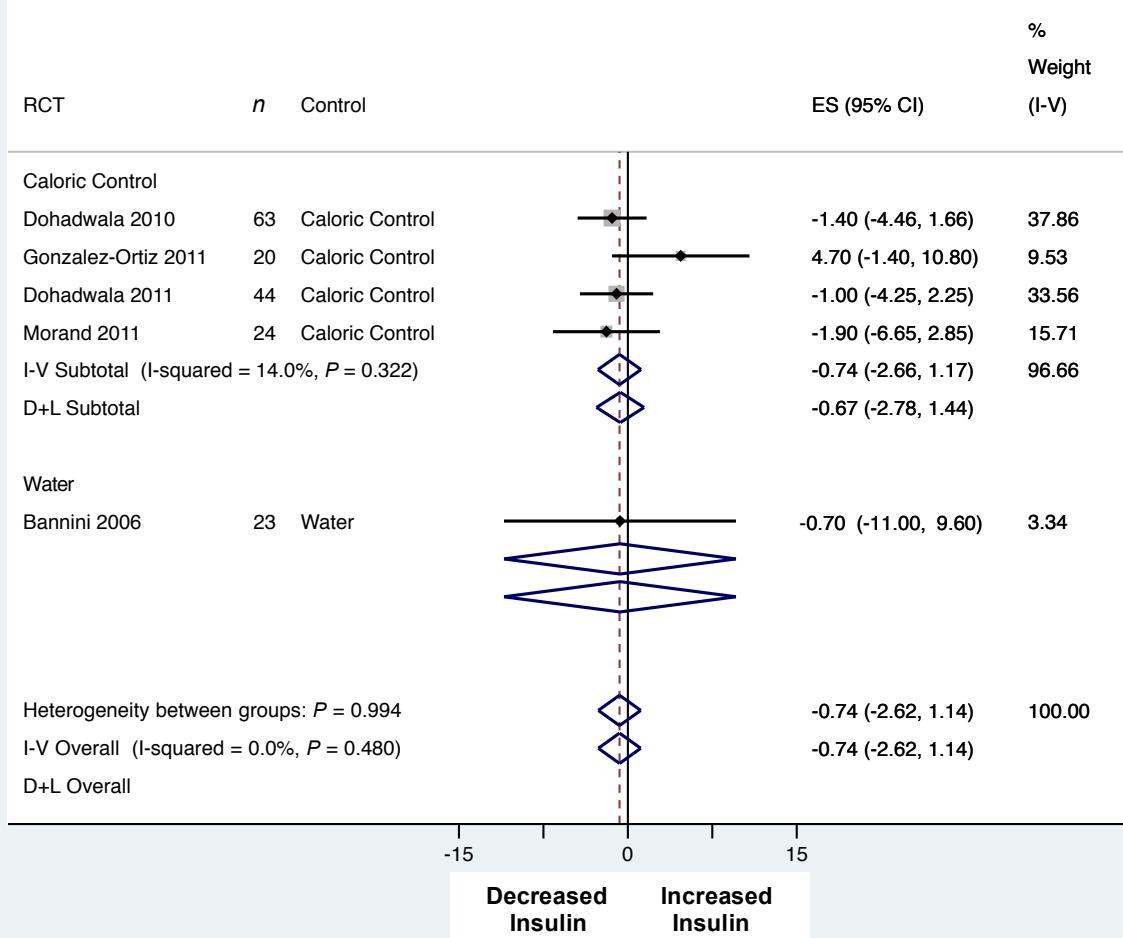
100% Fruit Juice & Fasting Glucose: Wang et al. (22)



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Supplemental Figure 2

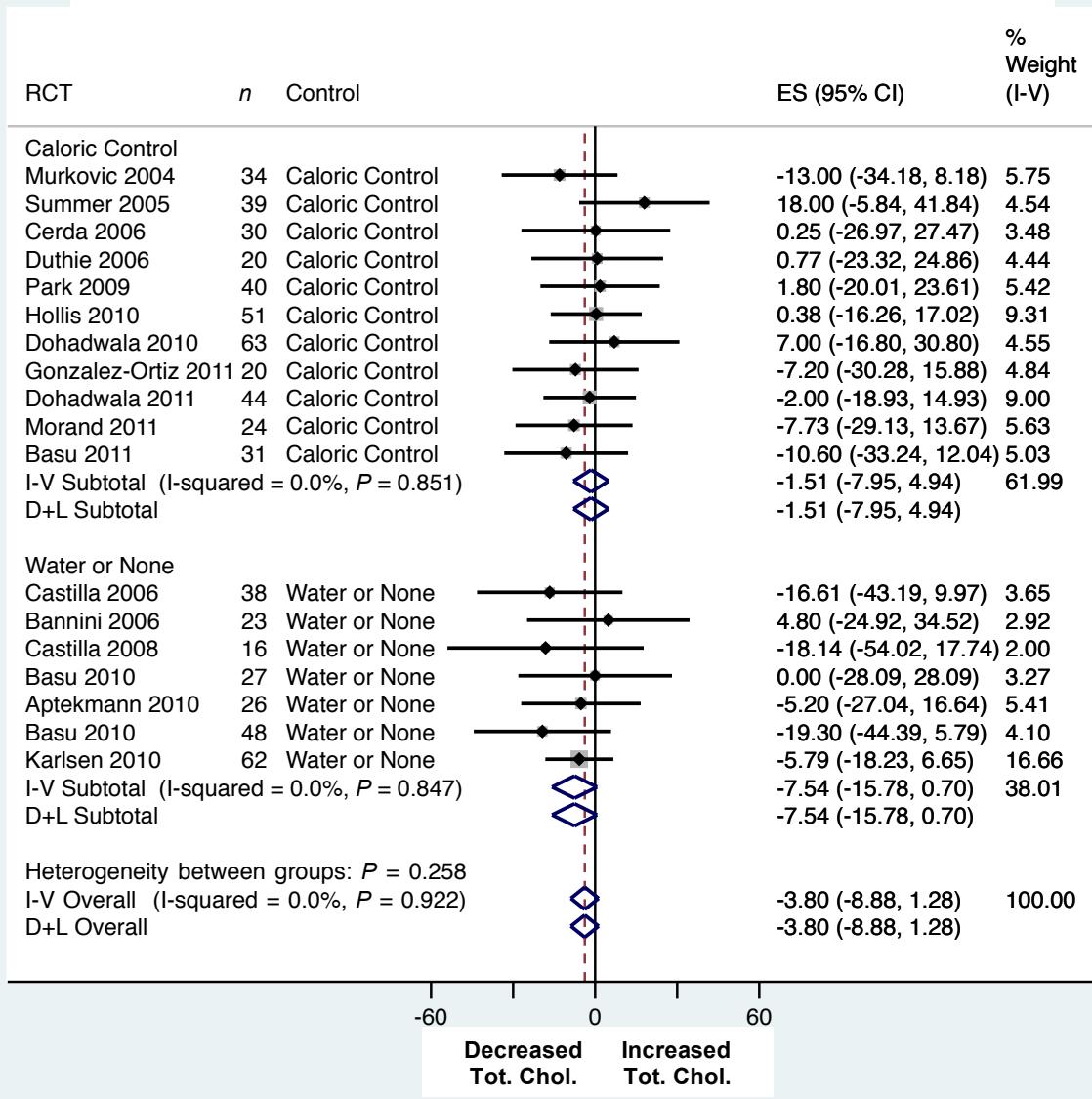
100% Fruit Juice & Fasting Insulin: Wang et al. (22)



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Supplemental Figure 3

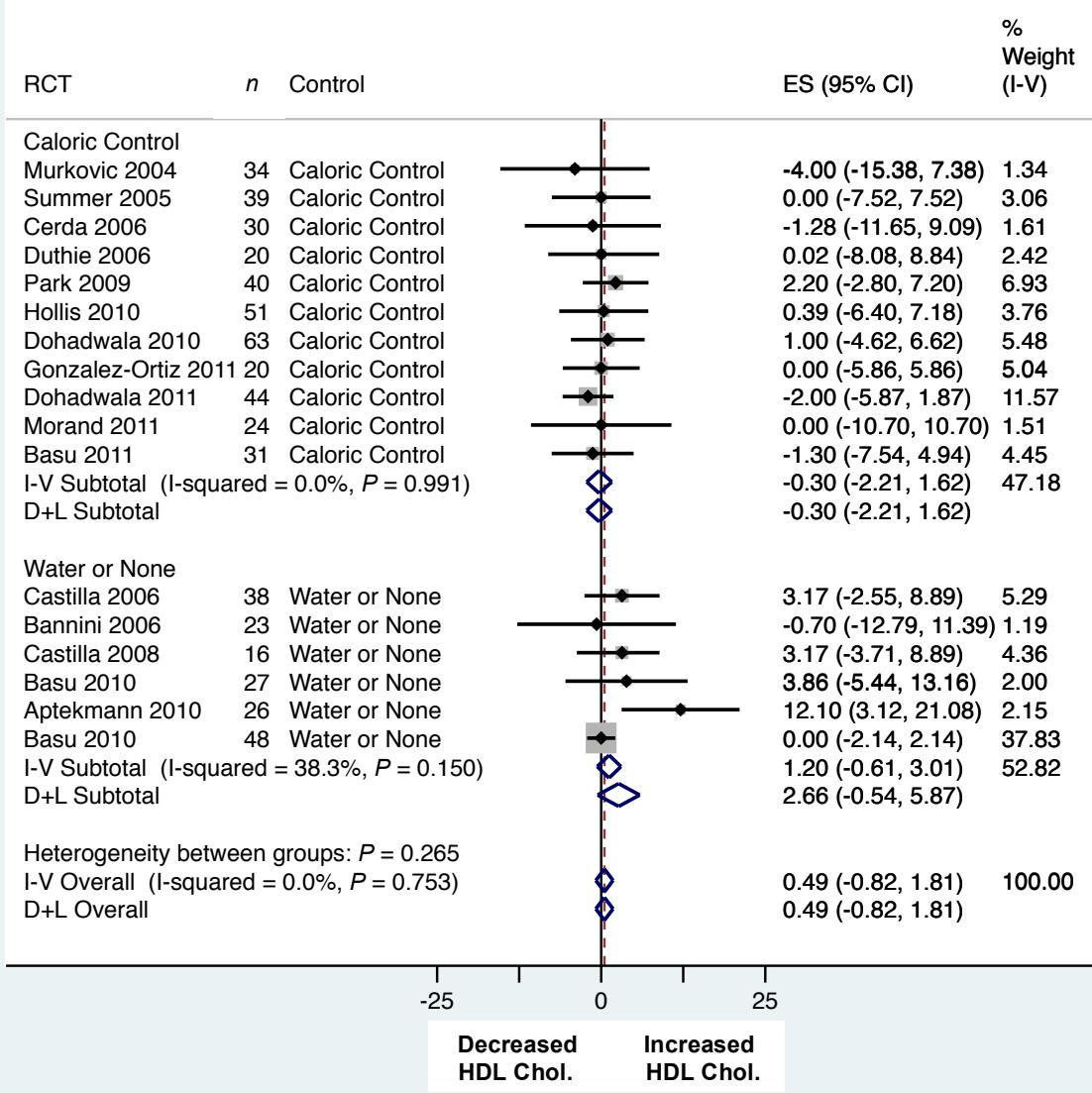
100% Fruit Juice & Total Cholesterol: Liu et al. (23)



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Supplemental Figure 4

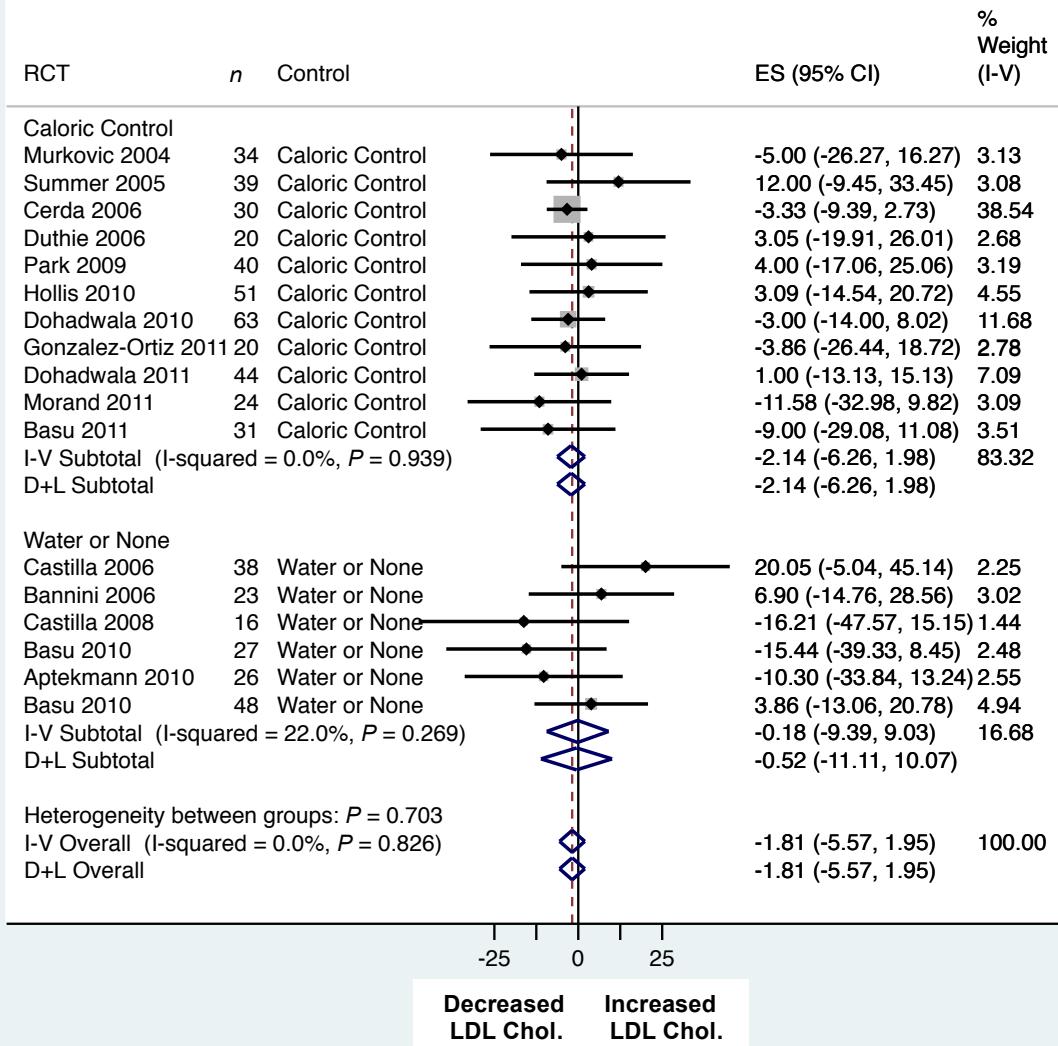
100% Fruit Juice & HDL Cholesterol: Liu et al. (23)



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Supplemental Figure 5

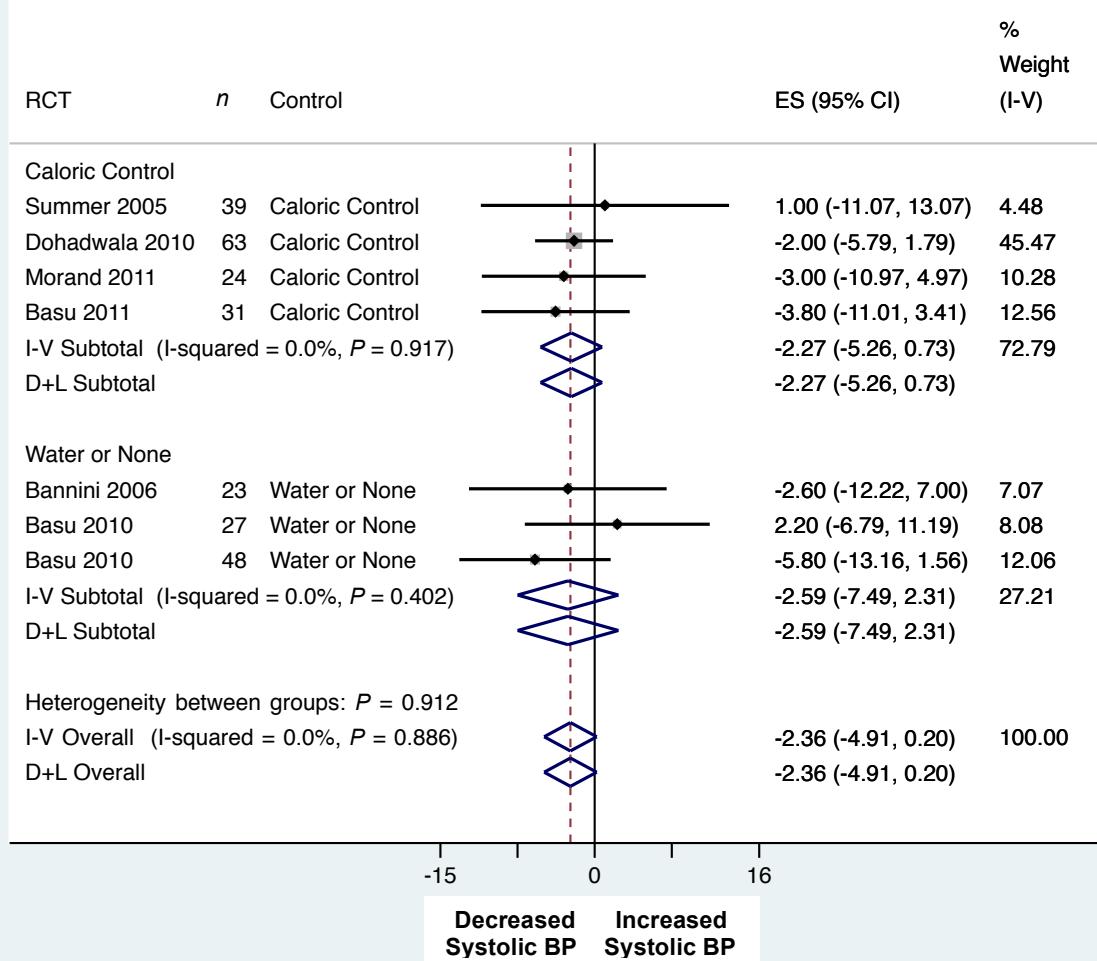
100% Fruit Juice & LDL Cholesterol: Liu et al. (23)



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Supplemental Figure 6

100% Fruit Juice & Systolic Blood Pressure: Liu et al. (23)



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Supplemental Figure 7

